

1-25-2019

## Daily Eastern News: January 25, 2019

Eastern Illinois University

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## LOSS ON THE ROAD

The Eastern women’s basketball team fell to Tennessee-Martin 90-66 Thursday, after starting off the game strongly.

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## THREE POINTERS

Josiah Wallace scored Eastern’s last eight points in the game, including two three-pointers, giving the Eastern men’s basketball team a 66-64 win over Tennessee-Martin.

PAGE 8

# THE DAILY EASTERN NEWS

Friday, January 25, 2019

“TELL THE TRUTH AND DON’T BE AFRAID”

VOL. 103 | NO. 88

CELEBRATING A CENTURY OF COVERAGE

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## 10th Day numbers released: Spring enrollment up 7 percent compared to last year

By Analicia Haynes  
Editor-in-Chief | @Haynes1943

Spring enrollment increased by seven percent this year compared to Spring 2018. The numbers were released Thursday morning and Josh Norman, the associate vice president of enrollment management, said the thing to realize about some of the increase is that some of it has to do with the fall increase impacting spring numbers. “Think about it, we didn’t have a fall increase into the spring of 18,” Norman said. “Some of that increase rolls over, it’s not like this is a new increase that we have going on.” Norman said freshmen and graduate increases in the fall, which was able to impact the spring numbers. “I’d be really excited if it was 14 percent because it would be a new 7 percent but a big portion of this is those gains we saw in the fall,” Norman said.

Norman said there are new incoming populations in the spring like transfer students but those are offset students who are graduating. So when looking at the fall number and the spring number it is very similar and typically Eastern sees a decline, Norman said. However, with the increases in the fall, that was not the case. “If you don’t see those increases in the fall, you’re going to see significant drop off in the spring,” Norman said. Norman said the largest cohorts in the spring are transfer students with some incoming freshmen. “The vast majority of incoming freshmen (for the spring) are in the military,” Norman said, something that rarely happens. Norman also said that at this point Eastern is also looking at continuing retention efforts.

10TH DAY, page 5

### 10th Day Enrollment | Spring 2019 compared to Spring 2018

	Spring 2018	Spring 2019	% Change
Undergraduate Students	5587	5984	7.11%
Post-Baccalaureate Undergraduate	36	42	16.67%
Total Undergraduate	5623	6026	7.17%
Graduate	1378	1454	5.52%
Post-Baccalaureate Graduate	15	23	53.33%
Total Graduate	1393	1477	6.03%
10th Day Student Totals	7016	7503	6.94%

\*NUMBERS PROVIDED BY JOSH REINHART, EASTERN’S PUBLIC INFORMATION COORDINATOR

## Alternatives to fad dieting presented at informational

By Valentina Vargas  
Multicultural Reporter | @DEN\_News

Certain types of fad diets for weight loss are leading people into eating unhealthy balanced meals. Lindsey Eigsti, the nutrition promotion coordinator at the Health Education Resource Center, held an information session at the Effingham Room in the Martin Luther King Jr. Union regarding fad diets. The event was called “Forget the Fad Diet,” which she said was not geared toward promoting any diets or shaming those who are dieting. Eigsti informed students that fad diets are diets that lead to fast weight loss, but they also lead to quick weight rebound.

DIETS, page 5

## BOT to meet Friday, vote on purchases, new majors, fee rates

Staff Report | @DEN\_News

The Board of Trustees will have a meeting Friday in the Grand Ballroom of the Martin Luther King Jr. University Union. The meeting will start with an executive session at 11:30 a.m. followed by an open session at 1 p.m. The Board will vote on several action items including housing rates for fiscal year 2020, purchase approvals for WEIU tower modifications and computer equipment and new majors in the the College of Health and Human Services.

The News staff can be reached at 581-2812 or dennewsdesk@gmail.com.

## Dean search: Lumpkin College of Business and Technology




JORDAN BOYER | THE DAILY EASTERN NEWS

Stevie Watson, the former dean of business at Edgewood College in Madison, Wisconsin, was the first candidate to be interviewed for the dean of Lumpkin College of Business and Technology Thursday afternoon in the Martin Luther King Jr. University Union. Watson talked about his vision for the university position. Some of the things he stated about his vision included upholding excellence, valuing personal relationships and working on the accessibility of an Eastern education and the opportunities it creates. He also envisioned providing service to the community, region, state and world. He also expressed an interest in broadening the business and technology curriculum by developing more studies for artificial intelligence and business analytics. “I believe in democratic form of leadership. It’s important to listen to people, it is important to learn from others, it is important to incorporate our ideas and share our ideas. It’s also important to give credit where credit is due,” he said. “I think it’s important for a leader, at least from my take, you share successes and you accept the blame.”




Local weather

FRIDAY



Partly Cloudy  
High: 22°  
Low: 15°

SATURDAY



Mostly Cloudy  
High: 27°  
Low: 20°

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“Tell the truth and don’t be afraid.”

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State and Nation

THE ASSOCIATED PRESS

Senate rejects rival Dem, GOP plans for reopening government

WASHINGTON (AP) — A splintered Senate swatted down competing Democratic and Republican plans for ending the 34-day partial government shutdown on Thursday, leaving President Donald Trump and Congress with no obvious formula for halting the longest-ever closure of federal agencies and the mounting damage it is inflicting around the country.

The twin setbacks triggered a swirl of bipartisan activity, unseen for weeks, as senators from both sides floated a plan to temporarily resolve the vitriolic stalemate by reopening government for three weeks while bargainiers hunt a deal. At the same time, Senate Minority Leader Chuck Schumer, D-N.Y., dashed to the office of Senate Majority Leader Mitch McConnell, R-Ky., to explore potential next steps.

At the White House, Trump told reporters he’d support a “reasonable” compromise but suggested he’d want it to include a “pro-rated down payment for the wall,” which he did not describe. He said he has “other alternatives” for getting wall funding, an apparent reference to his disputed claim that he could declare a national emergency and fund its construction using other programs in the federal budget.

It was initially unclear whether the flurry would produce results. House Speaker Nancy Pelosi, D-Calif., whose relationship with Trump seems to have soured daily, told reporters a “big” down payment would not be “a reasonable agreement.” Asked if she knew how much money Trump meant, Pelosi said, “I don’t know if he knows what he’s talking about.”

Contributing to the pressure on lawmakers was the harsh reality confronting 800,000 federal workers, who on Friday face a second payday with no paychecks.

Underscoring the strains, Sen. Michael Bennet, D-Colo., angrily said that Sen. Ted Cruz, R-Texas, had forced a 2013 shutdown during which “people were killed” in Colorado from flooding and shuttered federal agencies couldn’t help the state’s emergency workers. Moments earlier, Cruz accused Democrats of blocking a separate, doomed bill to pay Coast Guard personnel during this shutdown to score political points, adding later, “Just because you hate somebody doesn’t mean you should shut the government down.”

In an embarrassment to Trump that could weaken his position whenever negotiations get serious, the Democratic proposal got two more votes Thursday than the GOP plan, even though Republicans control the chamber 53-47. Six Republicans backed the Democratic plan including freshman Sen. Mitt Romney, R-Utah, who’s clashed periodically with the president.

Police say Florida bank attack that killed 5 was a random act

SEBRING, Fla. (AP) — Investigators have found no obvious reason why a man accused of fatally shooting five women picked a small-town bank in Florida as the place to carry out his attack, authorities said Thursday.

Zephen Xaver’s attack did not appear to be part of a robbery, and he had no apparent connection to the SunTrust branch or the four employees and one customer who were killed, police said.

There was also no evidence that Wednesday’s attack was planned, although a former girlfriend said Xaver often talked of killing people.

“We believe it was a random act,” Sebring Police Chief Karl Hoglund said Thursday at a news conference. “Aside from perhaps driving by and seeing it was a bank, we have no known evidence that he targeted this bank for any particular reason.”

Xaver, 21, was charged Thursday with five counts of premeditated murder.

Hoglund identified three victims: customer Cynthia Watson, 65, and two employees: 55-year-old Marisol Lopez and 38-year-old Ana Pinon Williams, a mother of seven.

In compliance with a newly passed victims’ rights law in Florida, Hoglund withheld the names of the other two victims at their families’ request.

Xaver was arrested in a beige T-shirt depicting the Four Horsemen of the Apocalypse. On Thursday, he wore a black-and-white striped prison uniform as he was appointed a public defender and ordered held without bond.

Xaver had no apparent criminal record in the areas where he’s lived in Indiana and Florida.

The bank attack was at least the fourth mass shooting in Florida resulting in five or more dead in the past three years. A gunman killed 49 at an Orlando nightclub in 2016. Five died at the Fort Lauderdale airport in 2017, and 17 died in February at Marjory Stoneman Douglas High School in a Fort Lauderdale suburb.

High heat but no record: 2018 was 4th warmest year on Earth

WASHINGTON (AP) — While Earth was a tad cooler last year than the last couple of years, it still was the fourth warmest on record, a new analysis shows.

With the partial U.S. government shutdown, federal agency calculations for last year’s temperatures are delayed. But independent scientists at Berkeley Earth calculate that last year’s average temperature was 58.93 degrees (14.96 degrees Celsius).

That’s 1.39 degrees (0.77 degrees Celsius) warmer than the average from 1951 to 1980 and about 2.09 degrees (1.16 degrees Celsius) warmer than pre-industrial times.

It’s likely other temperature measuring groups will agree on 2018’s ranking since they had it at fourth hottest through November, said Berkeley Earth climate scientist Zeke Hausfather. The Japanese Meteorological Agency has already calculated it at fourth. Record-keeping started in 1850. Only 2016, 2017 and 2015 were warmer than last year, with only small differences among them. That was mostly because of natural yearly weather variations like El Nino and La Nina, Hausfather said. He said it would be foolish to call last year’s slight dip a cooling trend.

Pennsylvania State University climate scientist Michael Mann, who wasn’t part of the Berkeley Earth team, said the fact that nearly every year recently is in the top five or top 10 hottest years is “clear evidence of human-caused warming on this planet.”

Official: Asylum seekers to wait in Mexico starting Friday

A nearly finalized plan emerged during bilateral talks in Mexico City over the last few days. It calls for U.S. authorities to bus asylum seekers back and forth to the border for court hearings in downtown San Diego, including an initial appearance within 45 days.

The Trump administration will make no arrangements for them to consult with attorneys, who may visit clients in Tijuana or speak with them by phone.

U.S. officials also will begin processing only about 20 asylum claims a day at the San Diego crossing but plan to ramp up to exceed the number of claims processed now, which is up to 100 a day, the official said.

TODAY ON CAMPUS

Student Rec Center | Open 5:30 AM - 8:00 PM

MLK Jr. Student Union | Open 5:30 AM - 8:00 PM

Booth Library | Open 8:00 AM - 5:00 PM

Colloquium of the Department of Mathematics and Computer Science | 4:10 - 5:00 PM |  
2210 Old Main  
Speaker Gregory Galperin will present: "Two Remarkable Constructions in Hyperbolic Plane and Their Justification in the Klein Model."



# The double life of an employed college student

By Tom O'Connor  
Staff Reporter | @DEN\_News

Like carrying plates and glasses on a server tray, working a job while attending a university can be quite arduous to balance.

"I hate being broke; I am going to be honest," said Gaige Davis, a music education major who works as a waiter at Cracker Barrel. "I would rather make my own money than asking, like, my parents for it."

Davis has immersed himself in ensemble at the Doudna Fine Arts Center, sometimes making it near impossible to

work some nights.

When engineering major Lamar Demus filled a job vacancy at Walmart two years ago, his social life vanished.

While employed at Walmart, he is often unable to save money or live better.

Rarely is there ever a reprieve from the eight-hour, five-day a week schedule he has labored to work around.

"Just throw a few weekends off now and again, or get off earlier," Demus suggested. "On the weekends, I work 2 p.m. to 10 p.m., that's almost your entire day."

As a student, the job commands that he strategize.

There are typically about eight hours,

on any given day, that he surrenders to his managers at Walmart.

Those eight hours do not account for schoolwork, a priority that greatly overshadows his obligations to the mega-retail center.

He has few moments to himself, which means that, between working weekends and holiday breaks, he is largely unable to visit family or take off on a social outing.

"They do not respect the school schedule sometimes," Demus said. "I mean, as far as classes they do, but as far as breaks, I am down here every break, man."

Off days are rather foreign to him.

When Demus' employer does award

him a day off, he does not, admittedly, know how to occupy his newfound spare time.

Rent at his apartment equates to 900 dollars a month, an expense he splits with his roommate. Then there's the trips to the fuel pump, another 50 dollars he must shell out every two weeks, in addition to his wireless phone expenses.

After factoring in the bills he has to pay every month, there is little left for any indulgences.

Neither of the students, however, are indignant about every facet of their jobs.

With an appreciation for the skills he absorbed at Cracker Barrel, Davis, who is

poised to become a teacher one day, came to believe that his knack for customer service will translate to constructive relations with both parents and students.

Meanwhile, Demus has chalked up his talent for leadership to the responsibilities accorded to him at work.

He manages and directs the training of new Walmart employees, where turnover is a habitual occurrence.

"I definitely built some leadership there and, like I say, (I am) actually dedicating myself to something," Demus said.

Tom O'Connor can be reached at 581-2812 or troconnor@eiu.edu.

## Alumnus returns library book that was checked out in 1976

By Carole Hodorowicz  
Staff Reporter | @DEN\_News

An Eastern alumnus returned a library book to Booth Library yesterday that was 16,347 days overdue.

Gary Henigman, who graduated in 1977, received a copy of "Twilight of the Gods: The Beatles in Retrospect" by Wilfrid Mellers in the mail with a pink post-it, which said:

"Dear Gary,

Huge favor—could you please return this for me to EIU's library? Thanks, my friend!

It's a little overdue."

The book came from his friend and Eastern alumnus from the class of 1976. Henigman's friend, who asked to remain anonymous,

called him a couple weeks ago to explain the situation. Still a huge Beatles fan but now a resident of Colorado, Henigman's friend needed Henigman to return it for him.

"He called me and said he was going through some old boxes at home and came across the book," Henigman said. "He said, 'I need you to do me a favor. I'm mailing you a book. Please take it back to Booth Library.' And I just laughed."

After tracing it back, Henigman said he thinks his friend checked the book out during the first semester of his sophomore year.

If calculated by Booth Library's standard late fee of 25 cents for every day it was late, he would have owed the library \$4,086.75.

After calling the resource center, Henigman said the most Booth Library would charge him is the value of the book.

When he returned the book yesterday, there was no charge.

"I think we're just glad to have it back," said Jana Ayt, a library specialist, with a laugh.

She then joked to Henigman, "Do you feel like you'll walk out a lighter man?"

"I feel cleansed," Henigman replied, in the same light-hearted spirit.

Carole Hodorowicz can be reached at 581-2812 or at cdhodorowicz@eiu.edu.



CAROLE HODOROWICZ | THE DAILY EASTERN NEWS

Gary Henigman, Eastern alumnus from the class of 1977, returns his friend's book to Booth Library, which was 16,347 days overdue. His friend graduated from Eastern in 1976 and sent Henigman the book, asking him to "do him a favor" and return it.



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STAFF EDITORIAL

Don't let gender stereotypes determine interests

It has been a cultural norm in our society to follow the customs of our gender from an early age. Expecting couples may paint a baby's room blue or pink to match their gender, kids are gifted boy toys or girl toys and children are dressed according to what is expected of their gender.

As kids turn into adults, men are expected to remain stolid through any hardships and are seen as unmanly if they show emotions. They are sneered at for a lack of sexual experience or interest. And if a man wears tight clothing or feminine accessories, he is often called gay or made fun of.

On the flip side, women are expected to wear makeup every day, shave and dress more feminine. They are supposed to prefer cooking and cleaning over mechanics or any other trades. And they are expected to be much better-groomed than men, otherwise they are viewed as disgusting.

If a woman actually likes to wear jewelry every day and clean her house, that is great. If a man likes to go to the gym and play videogames, that is also great.

However, there should not be set expectations for what men and women are supposed to be interested in; people should be allowed to like whatever they want to like.

Most children go through phases of various interests, and it usually tends to be something more typically associated with that child's gender. But those children shouldn't be encouraged to change if they express interest in something that isn't "expected" of their gender. Rather, kids should be encouraged to like whatever they happen to like.

Who says girls have to like dolls and horses and the color pink? Who says boys have to like dinosaurs and trucks and the color blue?

What's wrong with women who like videogames or trucks? What's wrong with men enjoying chick flicks or flowers?

Absolutely nothing. It's the people who instantly judge someone doing what he or she truly loves who have something wrong with them.

To anyone who feels insecure about expressing interest in something that is typically associated with the other gender, don't worry about it because your interests don't define you or turn you into something you're not. And any person who looks down on you for what you like probably doesn't need to be in your life.

To anyone looking for a new hobby, don't limit yourself to things that are "socially acceptable" for your gender. There are so many things to look into, so don't be afraid of all the possibilities.

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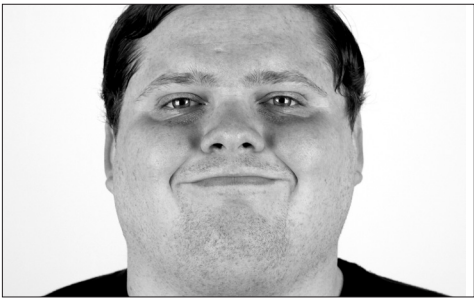
ZACH BERGER | THE DAILY EASTERN NEWS

Respect old-school Hip-Hop music

Everywhere I go I hear the newest radio hits in hip-hop music, and I barely, if ever, hear the classics anymore. I enjoy a lot of the current hip-hop/rap artists, but there is no denying that a large portion of it is uninspired radio music. While some current rappers in the game are true MCs, some have lost their roots and just make pop music, so it will be popular.

One thing I always found odd about my generation is the lack of appreciation for old school hip-hop from the 1980s and 1990s. That, along with the rap music from the early 2000s, is what I grew up with, and I will always appreciate that music more than the modern-day rap music scene.

I wasn't even born yet when these albums debuted, but after listening to them my whole life and doing an abundance of research, it is obvious to me at least that generation of hip-hop is true hip-hop. Obviously, people still listen to rap legends like Tupac, The Notorious B.I.G, Snoop Dogg and Dr. Dre, but most of the old-school artists have been forgotten. You will most likely never hear Nas, The Fugees, Grand Master Flash, Wu-Tang Clan, Mobb Deep, Eazy-E or Bone Thugs N Harmony in any social setting anymore.



JORDAN BOYER

I realized this unfortunate aspect about our generation a few years ago when I was at a house party in my hometown. We were all just having a good time, hanging out and listening to some music. My friends and I were playing classic east coast hip-hop, and some of the people either had a confused or scared look on their faces (that might be because of the violent lyrics). Someone took the aux cord away from us and started playing some normal radio hit, and everyone seemed oddly relieved about it.

The gangster rap generation is the best generation

of hip-hop, but there are some possible reasons for its obscurity in our generation. Like the violent lyrical content I mentioned above, some people might be turned off by that because modern-day rap has sort of phased out the violent aspect of the lyrics. Also, the most obvious reason being that this music is not our generation's music. When we were kids, the biggest rappers in the game were 50 Cent, The Game, Kanye West, Lil Wayne and Eminem, and now the biggest rappers are Drake, Kendrick Lamar, Travis Scott, Lil Uzi Vert, Post Malone and J Cole. So, we do not have the connection past generations had with the classics.

The modern-day rappers in the music scene are, for the most part, amazing, and I still appreciate this music generation significantly, but our generation needs to respect and appreciate the classics. I am still waiting for the day that I walk into a house or bar and I hear "Shook Ones" coming from the speakers, but that day may never come. While I truly appreciate the rappers in the game currently, I would rather sit back and listen to Illmatic any day.

Jordan Boyer is a senior history major. He can be reached at 581-2812 or at jtboyer@eiu.edu.

Bundle up for winter, keep your toes

Bundle up for winter if you want to keep your toes. My brother just turned 31 on Jan. 19 this year.

Understandably, my brother, being over 21 years of age, decided to go out drinking with some friends to celebrate the special occasion.

After several hours at the bar, his friends decided to leave and my brother chose to walk home.

The walk home wasn't too far from the bar, but my brother forgot to take something direly important—something you never want to forget before trekking in below-freezing temperatures—a scarf and a pair of gloves.

In fact, he never brought these important items with him to the bar in the first place.

Consequently, my brother's hands and feet were frostbitten by the time he got home.

To summarize a series of visits to the doctor and abhorrent reprimands, courtesy of our family, doctors had to remove dead flesh from underneath his feet so that he could recover.

On one hand, I'm beyond thankful this situation did not have a more devastating conclusion.

Hypothetically, doctors may have had to amputate his toes, fingers or worse, his feet or hands, if he was out in the bitter cold without proper attire for much longer.

On the other hand, I kind of want to ring my brother's neck in frustration and anger (lovingly, might I add) because he's 31-years-old and should know bet-



LOGAN RASCHKE

ter.

My brother's situation reminded me that adults make horrible mistakes during winter, and it made me think of students at Eastern.

If my brother, a man who has about 10 years on most of us college students at Eastern, can make such a dangerous mistake like that, there's no doubt a college student here could do the same.

Now, I am urging anyone and everyone, regardless of age, to bundle up for the winter.

According to the Mayo Clinic, frostbite is most common in exposed parts of the skin during cold temperatures, such as the nose, fingers, toes, ears, cheeks and chin.

In order to combat getting frostbitten in any of

these vulnerable areas, the Mayo Clinic recommends everyone to dress up in multiple layers before they travel anywhere outside, keeping these frostbite-prone spots on the body covered.

To keep feet and toes safe, people should "wear socks and sock liners that fit well, wick moisture and provide insulation," and foot warmers are also a good choice, as long as they aren't so tight they cut off circulation, according to the Mayo Clinic.

Also, pay attention to weather forecasts.

I understand the average college student doesn't check the forecast on their phone the minute they get up for the day, but at some point, make sure to check how cold it will be outside for the day, especially if you plan on going out sometime.

I know that I already covered this previously when I mentioned dressing in layers, but please wear a damn coat.

Don't try to wing an entire day wearing just a jacket or sweater.

Even in below-freezing temperatures, I still see people neglecting to wear coats in the winter.

For the love of God, just bundle up this winter.

Don't end up like my brother. Believe me, you probably want to keep the flesh on the bottom of your feet.

Logan Raschke is a junior journalism major. She can be reached at 581-2812 or at lrraschke@eiu.edu.





FILE PHOTO | THE DAILY EASTERN NEWS  
People look at and sell books during a book fair at the Lions in Winter Literary Festival, January 2016 in Doudna Fine Arts Center.

# Lions in Winter set for Saturday

Staff Report | @DEN\_News

Lions in Winter 2019, a creative writing festival, will be hosted Saturday by the English Department from 9 a.m. to 5 p.m. in the Doudna Fine Arts Center.

Featured writers for the event include Barrie Jean Borich, Lynnell Edwards and Rion Amilcar Scott, and they will give readings of their work and lead talks on writing poetry, fiction and creative writing. There will also be a book fair among other activities.

Borich will examine “how nonfictional experimenting, questioning, uncovering and essaying lead the way into radical surprise,” according to a press release from the English department. Edwards will present “Prose Poem” and Scott will present “I’ll Build Me A World.”

High school students, college students and Eastern faculty may register and attend the event for free and will be offered lunch for \$10.

Onsite general admission will cost \$50 and \$40 for those who register off-site before the event. Both include a continental breakfast, lunch and admissions to the crafts talks as well as an editor’s panel.

Coles County Art Council members can contact the Doudna Fine Arts Center Box Office for the discounted price of \$30.

Sponsors for Lions in Winter 2019 include the Doudna Fine Arts Center New and Emerging Artists Series, EIU College of Arts and Humanities, EIU Department of English, the Mary Coon Cottingham Visiting Writers Series, the Coles County Arts Council, Unique Suites Hotel and the Brick House Bar and Grill.

**The News Staff can be reached at 581-2812 or at [dennewsdesk@gmail.com](mailto:dennewsdesk@gmail.com).**

## » DIETS

CONTINUED FROM PAGE 1

“(Fad diets) promote super rapid weight loss in a matter of months,” Eigsti said. “They can tell you ‘Oh, you’re going to lose a lot of pounds in just two months,’ so it’s just this kind of diet idea that weight loss is easy, even though most of us know that it’s not that easy.”

She said a way of recognizing a fad diet is by asking oneself, ‘does the diet ask people to eliminate one or several food groups?’

Eigsti said if the diet does, then people need to remember that food groups exist for a reason and that a person needs to get nutrients from them. Emma Donogmue, junior environmental sciences major, said some of the information presented was enlightening, but with social media, some of it is already known.

“I think people hear what (Eigsti) says, but still probably won’t listen to it,” Donogmue said. “They want a quick fix

when it comes to weight loss.”

During the presentation, Eigsti said one of the most trending fad diets at the moment is the “Keto” diet, which is another version of a diet known as “low carbohydrates, high fat.” She said the “low carbohydrates, high fat” diet consists of eating 60 percent of high fat, which is two times the recommended amount, and eating low carbohydrates, making up only 10 percent of calories.

“Some of the big side affects with this kind of diet would be headaches and irritability,” Eigsti said.

Two key points Eigsti said that help people lose weight healthily is having balanced mindful meals and moving more.

Donogmue said if she were to stay home more, she would be eating unbalanced meals, however, she does not restrict much of what she eats.

“I think the more you work out a lot,

the more it influences you to eat healthy,” Donogmue said.

In one of the handouts titled “Eat Right,” from the Academy of Nutrition and Dietetics, it listed 20 ways to enjoy fruits and vegetables in a meal.

One of the suggested ways is to grill a colorful kabob of colorful veggies, and another one entails mixing up a breakfast smoothie, according to the handout from the AND. At the end of the demonstration, Eigsti gave other helpful tips about eating healthier. She informed attendees about different serving sizes; for example, a CD disc equals 1-2 pancake servings. At the HERC’s page on Eastern’s website, Eigsti said it offers free health consultations to students via appointment if they would like to learn more.

**Valentina Vargas can be reached at 581-2812 or [vvargas@eiu.edu](mailto:vvargas@eiu.edu).**

## » 10TH DAY

CONTINUED FROM PAGE 1

Something different that is being implemented in the spring, which was introduced Wednesday night at a meeting for the committee on retention efforts, is sending an email identifying new students in classes to instructors.

Norman said

The email will be sent to instructors in the first week of the spring and summer semesters.

Norman said the point of the email notification is to give students who come to Eastern in the spring or summer the opportunity to feel left out or like they did not miss out on things like Quakin’ in the Quad or First Night.

“In the fall there’s hundreds and hundreds in comparison to who is coming in the spring so it’s much easier for a faculty member to...pick out

those two students and give them a little extra attention (unless they have many in a class) and help them feel connected to the university,” Norman said.

As for the fall, Norman said the funnel looks nearly identical to last fall.

He said the goal is to increase freshmen enrollment by 20 percent, but the only way Eastern can accomplish this goal is if everyone on campus works together.

“That’s the key component. It takes everybody,” Norman said. “That’s why we did what we did last year (in terms of increasing enrollment) because everybody was invested.”

**Analicia Haynes can be reached at 581-2812 or [achaynes@eiu.edu](mailto:achaynes@eiu.edu).**

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Economics	Room 2159
Foreign Language	Room 1159
History	Room 2744
Political Science	Room 2135
Philosophy	Room 3542
Women's Studies	Room 3139

**TODAY'S BUILDING  
BREAKDOWN**



Reactions on Jan. 20

NFC game shared

Recreation Center fun

By **Karlie Guy**  
Contributing Writer | @guy\_karlie

During the NFC Championship game between the Saints and the Rams on Jan. 20, a play was made that resulted in a controversial social media debate. The debate has hit Eastern, with people arguing that a call should have been made when there were only two minutes left in the game, when Saints quarterback Drew Brees threw the ball to Tommy Lee Lewis who got hit by Rams cornerback Nickell Robey-Coleman too early.

The referees did not make a call for pass interference on the play, and while many were in disagreement, junior accounting major Zachary Cohen said people cannot be mad at the referees.

“No one can really be mad at the referees because these things happen all the time,” Cohen said. “But, I do agree that there should have been a call made on the play.”

Cohen said that he is a Chicago Bears fan and was not rooting for either team, but he does not agree with the actions of the referees during the game.

On ESPN, there were questions regarding whether or not some of the official rules should be changed because of the non-call on the play and if the play should be reviewed, even though the game has passed by and the Super Bowl is less than two weeks away.

Denise Lee, interim associate director of admissions, said that she was hoping the Saints would win because she has invested a lot of time into the team.

Lee said she wished the referees made a call but understands that some referees may favor one team over the other, saying that is the way she can cope with the fact that the Saints lost the game.

*Karlie Guy can be reached at 581-2812 or at [kdguy@eiu.edu](mailto:kdguy@eiu.edu).*



JORDAN BOYER | THE DAILY EASTERN NEWS

Brycen Carr, a sophomore mass communication major, and Centori Currin, a junior fashion merchandising major, play a one-on-one basketball game Thursday night in the Student Recreation Center.

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The New York Times

Crossword

Edited by Will Shortz

No. 1221

ACROSS

1 Striped sea predators

12 Whirlpool site

15 Shot

16 Not you specifically

17 Entertainment for a long ride, perhaps

18 Honoree on the third Friday of Sept.

19 Business \_\_\_\_

20 Fountain fare

21 Expressionist painter James

23 Sends anew

25 Arugula and escarole

26 When the French Open starts

27 One way to ride

29 Use, as a mattress

32 Having zero interest, say

33 Steve of rock guitar fame

34 “Look at me, \_\_\_\_ helpless ...” (opening to “Misty”)

35 Flock

36 Alpine capital

37 Exclamations of exasperation

38 Premonishes

39 “Where \_\_\_\_ fail, music speaks”: Hans Christian Andersen

40 Making a mark of a sort

42 Album fill, informally

43 Relief

44 “CSI” prop

48 “Yuck!”

49 Greeting in Britain

51 Ahead of, poetically

52 Org. with a serpent in its logo

53 1987 children’s best seller

56 Some grad students, for short

57 Person depicted on the Alabama state quarter

58 Denizen of Fangorn Forest

59 Repeated phrase in the chorus of a classic folk ballad

DOWN

1 River near the Pantheon

2 See 55-Down

3 Stock

4 Johann \_\_\_\_, 16th-century defender of Catholicism

5 Dressing choice

6 Title girl in a 1965 #1 hit

7 They operate around the clock

8 Encouraging start?

9 Shore indentations

10 Keystone enforcer

11 Displayed derision

12 Hall-of-Fame pitcher who once struck out 10 consecutive batters

13 Labor party member’s holding?

14 Hides in a cabin, perhaps

22 Mo. neighbor

24 Coverage options, briefly

25 Overcast, in Britain

27 Comics sound

28 They may be dark or fine

29 Film distribution company for “The Hunger Games”

30 Declaration from a volunteer

31 Locale of many a red-eye destination

32 Traditionally red structure

35 Retreat

36 Squarish

38 Elite group

39 Mr. Rochester in “Jane Eyre,” e.g.

41 Mails a dupe

42 Warszawa’s land

44 Harmonize

45 Casus \_\_\_\_ (action justifying a war)

46 “As You Like It” forest

47 Captain von Trapp’s given name

49 Bridge position

50 Manhattan Project scientist Harold \_\_\_\_

54 Bit of derisive laughter

55 With 2-Down, multipurpose

ANSWER TO PREVIOUS PUZZLE

A	M	O	S		C	A	R	T	S		S	P	A	S
R	E	N	O		A	N	O	U	K		T	A	C	K
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	T	W	O	W	A	Y	S	A	B	O	U	T	I	T
		H	O	O					I	N	N	A	T	E
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N	O			M	Y	A	N	M	A	R		N	O	
S	C	A	L	Y		Y	S	E	R		R	O	O	
		M	A	N	I	S	A	N	I	S	L	A	N	D
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S	Y	S	T		K	A	L	E	S		T	Y	P	O

PUZZLE BY PETER A. COLLINS

22 Mo. neighbor

24 Coverage options, briefly

25 Overcast, in Britain

27 Comics sound

28 They may be dark or fine

29 Film distribution company for “The Hunger Games”

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# Women's tennis team looks to stay undefeated

By Blake Faith  
Women's Tennis Reporter | @BFAITH0024

The Eastern Women's tennis team is looking to gain more momentum from this weekend's meet against Saint Louis University. The team is coming off of a dominant start to their season last weekend, defeating Judson University and Olivet Nazarene University.

Director of tennis Chris Tolson has been stressing to his players the importance of doubles matches from last weekend's matches, emphasizing to his players to not only improve in doubles play, but to strike first and be aggressive.

"We are going to just keep putting our trust in the work our coaches have us doing, and continue to have confidence in the belief that we can beat any school out there," said sophomore Rachel Papavasiliopoulos.

Papavasiliopoulos started off last weekend in doubles with senior Srishti Slaria by defeating Judson University's pair 8-3. Papavasiliopoulos plans to stick with the aggressive style of play and continue to improve playing alongside Slaria.

Tolson's words were heard by each player, wanting them to not only set the tone, but improve on movement and poaching the ball in doubles play to help win games.

"This weekend, I'm hoping to improve my serve and volleys for this weekend's doubles match," said sophomore Claire Martin, "I think if the team and I can incorporate what we've done in practice into our matches, we'll see some improvement and be a strong force in doubles."

Martin played strong last weekend, helped win two doubles matches, and won both of her individual matches on four 6-0 sets, and clinched the second team match against Olivet Nazarene when winning her second individual match of the weekend.

"I think we need to bring a lot of energy right off the bat. We shouldn't wait for the other team



FILE PHOTO | THE DAILY EASTERN NEWS

Eastern senior Srishti Slaria returns a ball in practice at the Darling Courts this fall. The women's tennis team is undefeated to begin its season.

"I think we need to bring a lot of energy right off the bat. We shouldn't wait for the other team to start."

-Claire Martin, tennis player

to start," Martin said. "We need to come ready to play and excited to be given the chance to play against SLU."

The women's tennis team ended its fall season with a combined 26-24 in singles play. The Fall record had no effect on their play.

The team started the season with a 2-0 record.

"I think the team and I are planning to go into the match the same way we did last weekend," Martin said. "We have worked hard this week, so we can all go in confident with our strokes and strategy. If we trust ourselves and our game, then we should be very competitive this

weekend."

The women's tennis team will travel to O'Fallon, Ill. to compete against Saint Louis University. The Panthers will play their meet at the St. Claire's Tennis Club on Sunday at 2:15 p.m.

Blake Faith can be reached at 581-2812 or [bmfaith@eiu.edu](mailto:bmfaith@eiu.edu).

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# Wallace's three gives Eastern 66-64 win

By **Dillan Schorfheide**  
Assistant Sports Editor | @Eiu\_journalist

The phrase goes that cats have nine lives, and it would seem as though the Panthers are a living embodiment of the phrase.

Eastern (12-8, 5-2) defeated Tennessee-Martin (5-13, 0-7) 66-64, after trailing by as much as 12 points at half-time.

The win is the ninth time this season Eastern has won after trailing by nine points during a game, and Eastern is now 8-7 when trailing at half time.

Josiah Wallace turned out to be the hero in the moment, scoring Eastern's last eight points in the last 2:17 of regulation, including two threes, the second of which was a step-back shot that gave Eastern the 66-64 lead for the win with 12 seconds left.

But the Panther who perhaps had just as much, if not more of an impact was JaQualis Matlock.

Matlock had only started eight games prior to Thursday's contest, but he was inserted into the starting lineup and he had a scoring streak in the second half that helped Eastern get back into the game.

The Panthers trailed 39-27 at half-time, and opening the second half, Matlock had his own six-point run in the first two and a half minutes to bring Eastern to within six points.

"I'm happy for (Matlock)," said head coach Jay Spoonhour. "He's had a tough time getting the ball to go in."

Tennessee-Martin would extend its lead to 44-34 another two and a half minutes later, but Matlock's scoring helped Eastern establish a contingency inside that would help the Panthers later in the half.

Eastern only had eight points in the paint in the first half and was bullied around inside, rebounding wise, as the Skyhawks had 10 offensive rebounds and seven second-chance points.

"They're just a really good offensive rebounding team, and we didn't do a good job keeping them off (the glass) in the first half," Spoonhour said.

The Panthers toughened up in the



KARINA DELGADO | THE DAILY EASTERN NEWS

Eastern's Josiah Wallace plays defense in an 85-83 win over Austin Peay Jan. 19. Wallace hit a three-point shot with 12 seconds to play to give Eastern a 66-64 win over Tennessee-Martin Thursday night.

second half, though, and finished with only three fewer offensive rebounds (21-18) and outrebounded the Skyhawks 42-40.

Matlock finished the game with 13 points and four rebounds, and Cam Burrell, who helped Matlock fight inside, finished with 11 points and six rebounds.

Burrell made a fast-break dunk with 10:28 left in the game, to give eastern a 47-46 lead, its first lead since there was

14:08 left in the first half.

Wallace had 17 points, 12 of them coming in the second half, and Mack Smith was the fourth Panther who scored in double figures with 14. Smith made three of his four three-pointers in the first five and a half minutes of the game.

The third three Smith made was his 100th of his career, and he is riding a 37-game streak of making a three-pointer, the longest Eastern streak ever

and the longest current OVC streak.

Aboubacar Diallo had two blocks in the game, and he only needs three more to tie Muusa Dama for third all-time in

Eastern's career block list.

*Dillan Schorfheide can be reached at 581-2812 or dtschorfheide@eiu.edu.*

  
64

OVC GAME 7

TENNESSEE-MARTIN  
VS.  
EASTERN ILLINOIS

  
66

# Disappointing loss all too familiar for Eastern

By **JJ Bullock**  
Sports Editor | @DEN\_Sports

Another early lead for the Eastern women's basketball team quickly turned into another insurmountable deficit as once again an issue that has plagued Eastern all season seeped into yet another promising game for the Panthers and delivered them another loss, this time in a 90-66 road effort against Tennessee-Martin.

Time and time again Eastern has allowed one bad quarter to spoil a game. Thursday it was the second quarter in which Eastern was outscored 30-10, Jan. 19 it was the fourth quarter against Austin Peay (24-11) and Jan. 10 it was the third quarter against Jacksonville State (31-4) that sank Eastern.

The trend is beginning to frustrate Eastern

"It is (getting frustrating), definitely," Eastern head coach Matt Bollant said. "We're just not consistent enough to play four great quarters and its really hurting us. Keeping us from having a chance to win a game."

The second quarter collapse, one that was all too familiar looking to Eastern, was simply too much for the Panthers to overcome. Eastern bounced back in the third quarter, outscoring Tennessee-Martin 24-22 in the quarter, at one point cutting the Skyhawks lead down to five,



JORDAN BOYER | THE DAILY EASTERN NEWS

Eastern forward Jalisha Smith holds her face after taking a hit in the Panthers 70-63 loss to Austin Peay Jan. 19 in Lantz Arena. Smith had eight points in Eastern's 90-66 loss to Tennessee-Martin Thursday on the road.

but the trench the second quarter created for Eastern to climb out of was too deep.

Tennessee-Martin picked up its full-court pressure in the quarter and scrambled the organization of the Eastern offense. Defensively, Bollant said his team struggles to get stops and keep Tennessee-Martin ball handlers in front of them.

Forwards Abby Wahl and Jalisha Smith got into foul trouble in the second quarter and an Eastern team already shorthanded at that position thanks to the injuries to both Jennifer Nehls and Grace McRae was now in a pinch.

The Skyhawks kept moving the ball and scored at a pace just fast enough to keep the game out of reach for Eastern, before slamming the door shut on Eastern reserves in the fourth quarter.

Brittni Moore had a game-high 22-points, Emayne Robertson had 17 and Chelsey Perry added 15 more for the Skyhawks. Eastern knew it had to watch out for Robertson and Perry, but Moore in her first start contributed plenty of damage as well.

"(Moore) shot it really well and with a lot of confidence," Bollant said. "(Perry and Robertson) are just really good bas-

ketball players and made a lot of good plays."

Eastern got a team-high 14 points from senior Carmen Tellez who continues to play well and Wahl added 11 on 4-of-5 shooting.

"Carmen really kind of sparked us in that second half and Abby (Wahl) is just growing, growing and growing as a player. 11 points and six rebounds," Bollant said. "For our top six players her plus/minus when she was on the floor was by far the best of any of our top six."

The Panthers held a lead at the end of the first quarter against the Skyhawks, which has not meant much for Eastern as of late, the Panthers have held a lead after the first quarter in each of its last three games. The Panthers are just 1-2 in those games.

But, the second quarter came and with it Eastern's lead fled the stadium.

The Panthers lost their 25-20 first quarter lead quickly in the quarter, a couple of messy Eastern possessions coupled with a Tennessee-Martin scoring

binge had Eastern down 33-29 with six minutes to play in the half. At this point Bollant was clapping his hands in frustration at his team that could not break Tennessee-Martin's full-court press and could not stop the Skyhawks on defense.

Things only got worse for Eastern in the quarter, Eastern fell down by double-digits after Tennessee-Martin made seven free throws highlighted by two coming from a technical foul on Eastern forward Damonique Miller after she tried to enter the game without first checking in with the scorekeeper. Eastern then found itself 46-35 and by the end of the half the score was 50-35.

Eastern is now 2-5 in conference play and travels to face Southeast Missouri on Saturday.


Bollant does not view the game as a must win after Thursday's loss, but would like to see the team begin to play well over its next stretch of games.

*JJ Bullock can be reached at 581-2812 or jpbullock@eiu.edu.*

  
90

OVC GAME 7

TENNESSEE-MARTIN  
VS.  
EASTERN ILLINOIS

  
66